



Beckton & Royal Docks Children's Centre Tip Sheet

Little Champions- Messy Play

Messy Play is an excellent way to stimulate young children's knowledge of experimenting with food sources, sand and also water while developing fine motor skills enabling them to label familiar objects and learn about the various uses that can be made of them.

Benefits of Messy Play

- Babies and children learn and develop through play, but especially through unstructured, exploratory play.
- This allows young children to make their own discoveries using their senses, curiosity and knowledge. Because messy and sensory play is all about exploring, there's no right or wrong.

Ideas of resources

Sand, water, pasta, crazy foam, cornflour, a mixture of wet and dry textures.
Home utensils such as pots and pans spoons, wooden and metal, sieves and bowls.

All activities to be supervised by an adult at all times.

